

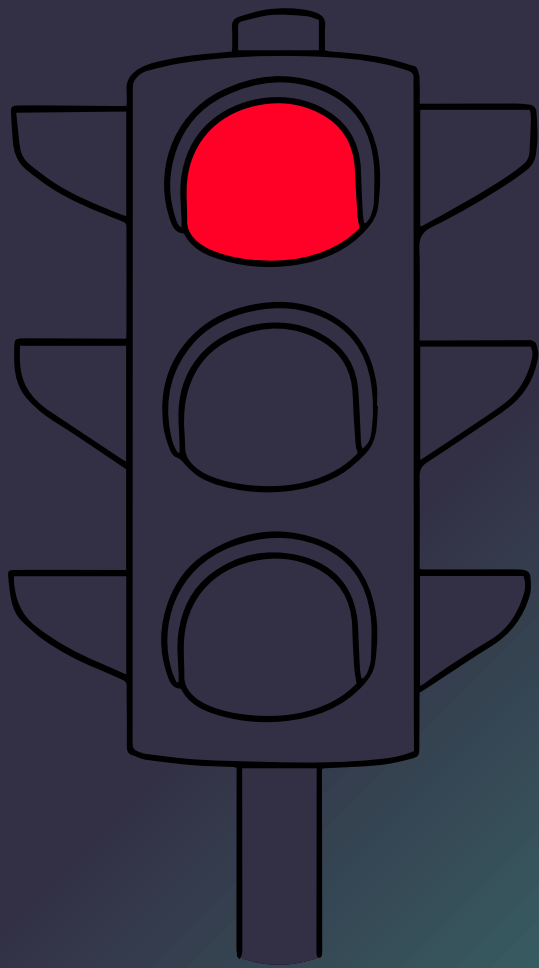
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Tips from the Divorce Support Club

Valentine's Day: Dating
Dos and Don'ts

1 Don't date before you're ready

How do you know when you're ready? The answer will be different for everyone. It's important to be honest about your intentions.



Are you:

Dating to get over your ex?

Dating to punish your ex and make them jealous?

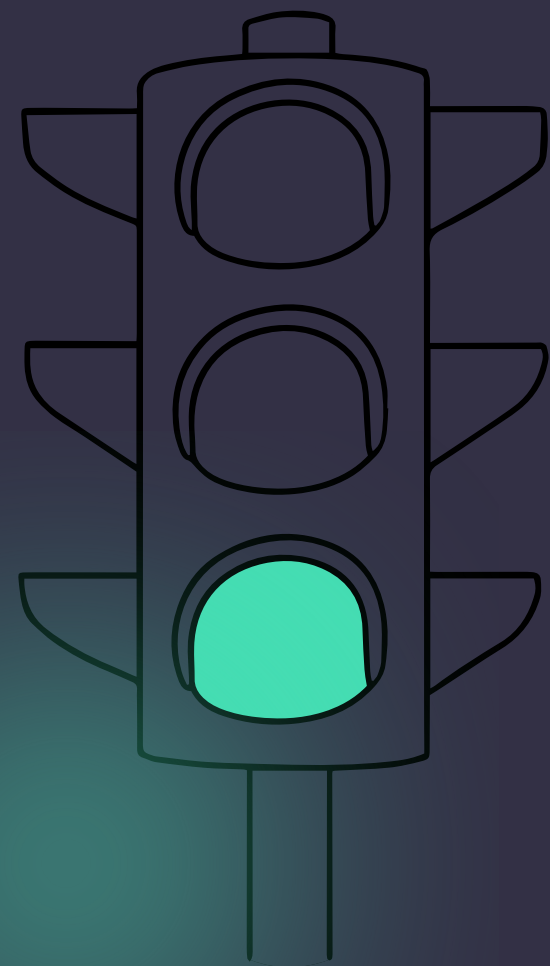
Dating to avoid being lonely?

Dating because you want to start a new, committed relationship?

Dating just for fun?

Ask yourself these questions to help you work out whether you are **ready**

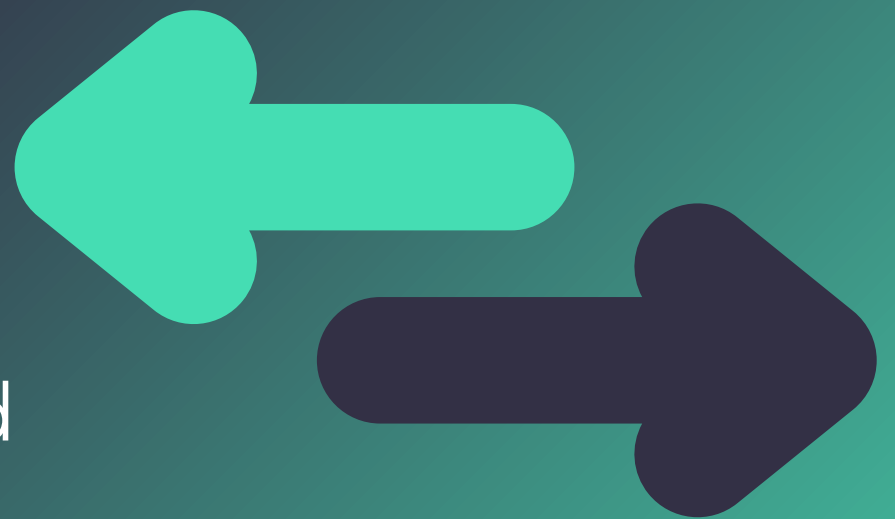
- How do I show up in relationships?
- What could I do differently?
- Where did I make compromises that became sacrifices?
- What am I willing to accept?
- What won't I accept?



2 Don't automatically go for the exact opposite of your **ex**

Going through a divorce is a very vulnerable experience. Perhaps by going for the opposite of your ex you are trying to avoid making the same mistakes again.

However, there will probably be aspects of your ex-partner that you did like, and that were good and right for you.



3 Don't over invest

Over-investing is easy to do when you get back on the dating scene....

- > You may be talking to someone on a dating app. It can be easy to start imagining a life with them, introducing them to friends and family, or even marrying them without truly knowing that person.
- > Over-investing can lead to you dropping the boundaries you have set for yourself.

**Access them all by
subscribing to the
free Divorce
Support Club**